

Connecting from home



Please note that you must register **before** the webinar occurs in order to participate. Go to counterpart.org.au/events and click on the webinar link for the session you are interested in.

You may also want to check our website to see if and what locations there may be groups viewing the webinar together.

- **Sleeping soundly** on Tuesday 4 June at 1.30pm–2.30pm
- **Mindfulness: responding rather than reacting to life's challenges** on Thursday 20 June at 10.30am–1.30pm
- **Medical acupuncture** on Wednesday 7 August at 12.00pm–1.00pm

Remember you can go to the website to watch many past webinars at counterpart.org.au/past-webinars. These include past Making Connections sessions.

Counterpart Resource Centre ~ Temporary changes

Due to renovations at the Queen Victoria Women's Centre, all sessions will be at Women's Health Victoria. The Counterpart Resource Centre will be located **temporarily** at Ground floor, Queen Victoria Women's Centre, 210 Lonsdale St, Melbourne from May to August.

Hours are 10am–5pm Monday, Wednesday and Thursday. Please contact us to speak with our Peer Support Volunteers between 10am–2pm on these days.

Stay connected

To receive this Making Connections program regularly please call **1300 781 500**, email info@counterpart.org.au or visit counterpart.org.au/stay-in-touch

 /CounterpartSupport

 @counterpartAU

**Counterpart provides general information only.
For further information, or to discuss your own situation,
please consult your treating team.**



Counterpart is a service of Women's Health Victoria.
Counterpart acknowledges the support of the Victorian Government.

Women's Health Victoria acknowledges the Traditional Custodians of the lands and waters on which we work. We pay our respects to them, their culture and their Elders past, present and emerging.

May – August 2019

Making Connections

Events for women living with advanced/metastatic breast or gynaecological cancers

Counterpart connects, supports and informs women with breast or a gynaecological cancer to live well.

Making Connections events

Using music for energy, relaxation or creativity

Monday 24 June 12.30pm–2.00pm

Location: Women's Health Victoria, Level 8, 255 Bourke St, Melbourne

Music can be used to enhance mood, to manage stress, to energise or relax. By being mindfully aware of the effects of various types of music, we can influence our mind and emotions in positive ways. In this workshop you will be guided in what to listen for when choosing music for a specific purpose, whether that be to self-soothe in stressful times, to relax, or to find or maintain energy and creativity.

This session will be facilitated by Kay Kilham, a Registered Music and Imagery Therapist and Accredited Mental Health Social Worker in private practice.



Thinking positive: burden or benefit?

Thursday 25 July 1.00pm–2.30pm

Location: Women's Health Victoria, Level 8, 255 Bourke St, Melbourne

'Stay positive' is a familiar message delivered by others to people living with cancer. Hearing these words from family and friends can be challenging if we are feeling worried or upset, and can leave us feeling worse not better. The not so-subtle suggestion is that our suffering can be minimised and we just need to change our attitude in order to feel happy. If only it was so easy!

How do we negotiate these conversations and the expectations from others to be some other way from the way we are right now? We all know that it's helpful to have a positive and optimistic attitude, but how do we do this in a realistic way that also prioritises our own needs and self-care? This session will focus on our communication with others, giving ourselves permission to acknowledge and honour our own feelings, and maintaining a level of inner-harmony.

Our presenter Andrea Murphy is a counsellor and lecturer who has many years experience working with people living with life limiting illness. Andrea will facilitate discussion so you can share experiences and strategies to manage the fine line of maintaining optimism balanced with the reality of your own needs and feelings.

Come along for the opportunity to share, or just to listen, and be with other women who are managing similar issues.

Ongoing programs at Counterpart

What's On Free information sessions and activities for all women diagnosed with breast or a gynaecological cancer.

Reflexology sessions are offered for free, once a month at the Counterpart Resource Centre.

Feel Good Free fortnightly gentle exercise program run by experienced exercise instructors at a gym in the city.

Bookings are essential

Please register your interest early so we know you'd like to attend.

For information and bookings:

Phone: **1300 781 500**

Email: **info@counterpart.org.au**

Web: **www.counterpart.org.au/events**



Counterpart website focus group

Tuesday 28 May 12.30pm–1.15pm

Help us improve the Counterpart website, **www.counterpart.org.au**, to provide a better experience for women affected by cancer.

Share your views in a facilitated discussion by webinar.

Resources

Victorian Clinical Trials Link

The Cancer Council Victoria hosts the informative Victorian Clinical Trials Link at: **trials.cancervic.org.au**

This website details all you need to know about participating in clinical trials in a clear and comprehensive way. You can search for trials initially by cancer type, then narrow down to variables such as gender, age, diagnosis, treatment and hospital. The site also outlines a range of resources, including some video material, common myths about trials, links to support services, questions to ask your doctor, stories from people who have participated in trials and more.